

# DINNERLY



## Feed A Crowd: Asian Plant-Based Stir-Fry

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

### WHAT WE SEND

- 300g jasmine rice
- 1 onion
- 2 carrots
- 2 bunches pak choy
- 250g plant-based mince <sup>6</sup>
- 60g char siu sauce <sup>1,6</sup>
- 10g toasted sesame seeds <sup>11</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 2 tbs vegetable oil

### TOOLS

- medium saucepan with lid
- large deep frypan or wok

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 505kcal, Fat 18.2g, Carbs 84.9g, Proteins 19.0g



#### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



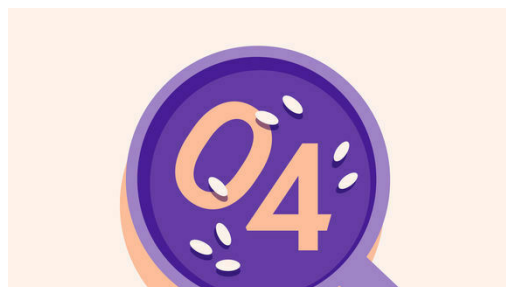
#### 2. Prep ingredients

Meanwhile, thinly slice the **onion**. Peel the **carrots**, then halve lengthwise and thinly slice on an angle. Coarsely chop the **pak choy**, keeping the leaves and stems separate. Crush or finely chop **2 garlic cloves**.



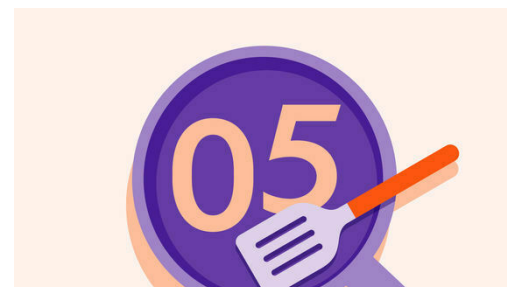
#### 3. Brown plant-based mince

Heat **1 tbs vegetable oil** in a large deep frypan over medium-high heat. Cook the plant-based mince, breaking up the lumps with a spoon, for 4-5 mins until browned. Remove from the pan. Heat **1 tbs vegetable oil** in the same pan over medium heat. Stir-fry the **onion, carrot** and **garlic** for 3-4 mins until softened.



#### 4. Finish stir-fry

Add the **pak choy stems** to the onion mixture and stir-fry for 1-2 mins until tender. Add the **mince, char siu sauce, pak choy leaves** and **2 tbs water** and cook, stirring, until combined. Remove the pan from the heat.



#### 5. Serve up

Divide the **rice** and **stir-fry** among bowls, scatter over the **sesame seeds** and enjoy!



#### 6. Feed A Crowd

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to capsicum and beans.